

Igiugig News & Notes

Igiugig Tribal Village Council

October/November 2007

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BECHAROF SCIENCE CAMP

By: Sheryl Wassillie, 12th Grade, Igiugig School

This fall, Bianca Jensen, Beverly Matson, Nick Mike, Scotty Savo, James Niedermeyer, Deanne Anelon, Hans Monsen and I were selected to attend the Becharof Science Camp. The chaperones were Ron Richter, Orvil Lind, Jodi Doster, Ron Squib, Cheryl and Missy. There was also Paul Boskofski, the special guest speaker and elder. The trip started off with the group being stuck in King Salmon because of the weather, but besides being stranded in King Salmon, the trip turned out fine. The group and I learned about the ecosystem in a variety of ways, we had fun, and we didn't get rained on.

We ended up flying out with Branch River Air and made it to the campsite safely. To start off the camp, the whole group walked to a lake that we named Caribou Antler Lake and set out three minnow traps to identify the fish that were in the lake. After that, we hiked back to Egegik River and learned about the water cycle and the sections of the river and the life within it. We also took a sample of water and tested the pH level, dissolved oxygen level, and the temperature. For the rest of that day we got to know each other a little bit, had dinner, saw some bears, and went to bed.

On the second day, the first thing that we did was check the minnow traps. On the walk there, we saw this huge footprint that looked like a one from a "Hairy Man". Paul thought that it was just a bear that was running and slid in the mud and that is why it was so big, but who knows. We got to Caribou Antler Lake and checked the minnow traps; one of them was missing, but we saw four different kinds of fish and a huge predacious beetle.

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Pro's and Con's of a Village

By April Hostetter, 10th Grade, Igiugig School

There is an African proverb that many people would say relates to the residents of Igiugig: "It takes a village to raise a child." I have been contemplating my opinion on this matter for awhile. I have the tendency to compromise my positions, but, seeing as how I am writing an editorial, it is obvious that my opinion is required. I have concluded this: It does not, by any means, take a village to raise a child. Do not get me wrong,

what I am saying is it doesn't *take* a village, but it is, in fact, incredibly beneficial. A village can be a perfect place to raise a child.

I'll bet that many people would disagree and think that living in a village can be the worst choice a parent could make. Who would want to live in a village with less than fifty residents?

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Birthdays this month

- October 5
Madison Andrew
- October 11
Camille Andrew
- October 23
Loretta Peterson
- October 27
Dallia Andrew
- October 31
Yako Nickoli
- November 8
Julie Salmon
- November 21
Mary Olympic

Student Government by Angel Alvarez, 10th Grade, Igiugig School

Setting goals, having fun, and making events happen... the students of Igiugig School have been working together to come up with various events and activities. So far in the 2007-2008 school year, the Igiugig School Student Government has been organizing fundraisers and fun activities for the community to participate in and enjoy. There have been movie nights, scrimmages, cakewalks, a bike-a-thon, and plans made that will take shape during the holidays and later on in the school year.

One of our popular events is the movie nights which are held in the school gym just about every weekend. Anyone in the community is allowed to come and see the chosen film. There are times when the premier is fun for all ages, such as a fun cartoon or an interesting movie. Mostly the movies are just for entertainment, but there are other times when the movie can be more in-depth with historical events or can have a great impact on people; these movies are usually more focused on teenage and adult viewers. Either way, they are fun and sometimes contain a cleverly hidden, educational message.

Another great event that is fun for everyone is the scrimmages/cakewalks. It is a good way for the high school volleyball team to get in some playing time, and also enjoyable to watch. Plus, there are yummy desserts that are brought in by the players to auction off after the event is over.

BECHAROF SCIENCE CAMP *(Continued from page 1)*

Most of the fish were three spine stickle backs. Another learning experience was plotting a one square yard by one square yard of tundra. We took apart the tundra and found a spider, a worm, and a beetle. In the plot, about ninety percent of the plants were blackberry and the other ten percent consisted of willow, cranberry, lichen, Labrador tea, raspberry, horsetail, fireweed, grass plants and an unknown species. After that, we had lunch and hiked three-miles to Egegik Lake. While walking there, we didn't see a single thing except tracks. We got there and Ron Richter lectured about how rocks are formed and what kinds of rocks exist there. Then we just walked back, saw nothing again and had dinner. After dinner we started working on our camp T-shirts and wooden spoons.

The next day, September 14th, we learned about bears from Ron Squib. We were taught not to look in the eye of a bear, not to bow our heads to it or else the bear would think that we are challenging him/her, the difference between brown and black bears, what they eat and how what they eat affects the meat's flavor. After that, the group spilt up into two groups to go plaster footprints. We plastered a crane and bear footprint, but it was almost lunchtime so we just left the prints to dry and picked them up soon after. After lunch, Ms. Dauster taught us about birds. We were taught about what kingdom birds belong to – the kingdom, “animalia”. Then she divided us into groups and we went to do a bird count in a mile radius. Once having done that, we picked up our plastered crane and bear footprints and walked back to camp.

At six o'clock we had to present, with our groups, what we learned throughout the whole camp. Both groups gave their presentations and then we started dinner. While dinner was being made, some of the kids worked on their T-shirts, wooden spoons, journaling and gathered wood for the campfire that we had. Dinner was ready and we got together around the fire, told stories, worked on our spoons and ate. Once it got a dark we put out the fire, got ready for bed and fell asleep.

I had a good time, but was excited to leave and get back to civilization the next day.

Halloween is just around the corner; plans are being made for the annual Halloween party, and this year student government is trying to squeeze in a haunted house here at the school. At the Halloween party there will be games, contests and a whole bunch of candy. However, the holiday does fall on a Wednesday this year...so we'll be sure to keep the sugar buzzes on a low, allowing at least a small chance for a good nights sleep for the school day ahead. (Reassurance for parents and teachers.)

Looking ahead in the 2007-2008 school year, the students of Igiugig School are planning to enter a couple of entries to the iDidaMovie Contest. This contest is a way for students to express their creativity in a two-minute movie about selected topics. You are only able to submit one movie per category, but there is no limit – other than the amount of categories there are – to how many categories you may enter. The students have started brainstorming and coming up with neat ideas.

The student government of Igiugig School has been up to quite a bit so far in the school year. With movie nights, scrimmages, cakewalks, holiday events and working on making a hopeful winner to mail into the iDidaMovie contest, they are planning to continue with more great ways of providing entertainment to their peers and community.

In-Service Break by Camille Andrew, 3rd Grade, Igiugig School

Do you remember in-service break? I do, and it was exciting. Did you think in-service break was interesting? Well in-service break went from October 9th to October 15th.

First of all, we had my birthday. I received a colossal piñata shaped as a flower. I loved it. I helped my mom bake my cake; it was astronomical. It was so big I had to give some to Dolly Ann and Fewnia. It had a gargantuan vanilla cake on the bottom and chocolate cake that was not so monumental on the top. It was delicious with pink, blue, white, and yellow frosting.

During in-service break we also had a volleyball scrimmage and a cakewalk on my birthday. Kyle and Shaun both won when we did the cakewalk and they picked two pies that Sandy made. Christina held gym and Dolly

Ann, Fewnia, Kyle, Madison, and I set up mats and asked Christina to put the parachute on top of mats to make a roof. Before that, I ran the cash register and so did Tess.

Then on Saturday I had to clean my room. That was not enjoyable. Sometimes I have to make Madison's bed and my bed. It was hard. I also had to army crawl under Madison's bed and take out the toys. Then I had to clean the part of the floor you can see. I had to clean my desk because it had a lot of toys, notebooks, pencils, and pens on it. I also had to organize my shirt drawers and pants. Then sometimes there were clothes I had to put away.

Now do you remember a little bit about in-service? I hope you had as much fun as I did. However, I didn't like the cleaning.

Bike-a-thon by Loretta Peterson, 6th Grade, Igiugig School

Have you ever heard of a bike-a-thon? Igiugig's first bike-a-thon was held on September 8, 2007 at 2:00.

First, all the students had to collect sponsors so we could earn enough money for our trip to Anchorage with the students and teachers. We plan to save up the money we earn from the bike-a-thon and other events until we have enough to go to Anchorage. Then we had to go make sure our bikes were in good shape for the bike-a-thon at the hanger. When we were done getting them fixed, we had to go at the starting line, but we weren't racing our teacher said. She said we didn't have to go fast if we didn't want to. We had to make sure we had our helmets on because if we crashed we didn't want to hurt our heads. At the end, when we were too tired to go farther, we could be done and have water and snacks until everybody else finished.



The starting line of the Igiugig Bike-a-thon!



Loretta and Tess cycling away!

There were ten kids who participated in the bike-a-thon. Kyle completed 8 laps and he is only 5 years old. Fewnia completed 8 laps and she is only 7 years old. Dolly Ann finished 8 laps too and she is 8 years old. Camille ended with 14 laps and she is 8 years old, Shaun did 26 laps and he's 10 years old, and Tess completed 26 laps and she's 11 years old. I finished 20 laps and I'm 12 years old. Jackie Joe finished 20 laps and he's 18 years old, Jeremy finished 30 laps and he's 15 years old, and Angel finished 8 laps and she's 16 years old. Kyle earned \$523, Fewnia earned \$48, Dolly Ann earned \$56, Camille earned \$801, Shaun earned \$1269, Tess earned \$213, and I earned about \$145, too. The elementary school students made a lot of money!

After everybody was done, they all went home. I felt really tired at the end, but if I slowed down a little bit I would've done one or two more laps...maybe.



Library/Computer Lab News

Happy Thanksgiving! Daylight saving time ended on the 4th! Other dates of note this month are Election Day on the 6th, Veterans Day on the 11th, and Thanksgiving Day on the 22nd. Last months gathering was spooky! Did you see those bats flying around? And did you guess right on whose handprint was whose? Did you lose your mind with those toothpicks puzzles? Well, we had a blast during the gathering so be sure not too miss our next one. Be sure to come to our gathering in December! Many thanks to all who have helped with our monthly gatherings.



"Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services"

Easy Fiction

A Turkey for Thanksgiving by Eve Bunting

"I wish we had a real turkey," Mrs. Moose tells her husband. "Everyone always has a turkey for Thanksgiving."

Junior Fiction

Minnie and Moo and the Thanksgiving Tree by Denys Cazet

"All the animals in the barnyard ask the cows Minnie and Moo to hide them so that they will not become Thanksgiving dinner."

Nonfiction

Family Fun Crafts by Deanna F. Cook

"500 creative activities for you and your kids!"

FICTION

Hideaway by Dean Koontz

"He was clinically dead after the accident - but was miraculously revived..."

INTERESTING WEBSITE OF THE MONTH

www.sierramountaincandle.com

Christmas is around the corner and you've looked everywhere for that special gift. Look no further; Sierra Mountain may be the place for you. This site has candles galore, from fruit to coffee scented candles. This may light up your day!

www.fredmeyer.alaska.com

Fred Meyer now has a website to order from. You can get groceries, clothing, toys, etc. They ship to rural Alaska and you don't need to wait a month before they process the order!

WORD BUILDING

Use the following letters to make words in the slots provided.

DPEULBM

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33. □□□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

2				1				6
	6	4						
		5						8
	2			6	8			4
		9	5			2	7	
7								
	9	8						1
					4		2	
			3					

Soap up! The 12 germiest places in your life

Could your purse be making you sick? 'Health' magazine on lurking viruses

TODAY Updated: 11:04 a.m. AKT Oct 23, 2007

Sure, there are outbreaks of microbes and viruses across the country, but some of these germs are lurking where you least expect them. "Health" magazine senior editor Frances Largeman-Roth pinpoints the 12 germiest places you're likely to encounter during an average day and devises ways for you to keep clean. After all, the fight is in your hands. Literally. Eighty percent of infections are spread through hand contact. So wash up, people, and get ready to wage a bit of germ warfare of your own:

1. Your kitchen sink

Kitchen sinks are dirtier than most bathrooms. There are typically more than 500,000 bacteria per square inch in the drain alone. Plus your sponge, basin and faucet handles are crawling with bacteria as well.

Reduce the risk: Clean your kitchen counters and sink with an antibacterial product after preparing or cleansing food, especially raw fruits and vegetables, which carry lots of potential pathogens like salmonella, campylobacter and E. coli. Wash your hands as well with warm, soapy water for 20 seconds (long enough to sing "Happy Birthday"). Sanitize sponges by running them through the dishwasher's drying cycle, which will kill 99.9 percent of bacteria on them. As for the sink, clean it twice a week with a solution of one tablespoon of chlorine bleach and one quart of water. Scrub the basin, the pour solution down the drain.

2. Airplane bathrooms

It may not be a shock that there are a huge number of germs in most public bathrooms, but experts agree the cramped and overused ones on airplanes are the worst. There are often traces of E. coli or fecal bacteria on the faucets and door handles because it's hard to wash hands in the tiny sinks. And the volcanic flush of the commode tends to spew particles into the air, coating the floor and walls with whatever had been swirling around in it.

Reduce the risk: Toilet seats are surprisingly clean, but use the paper cover when available. After using the toilet, wash and dry your hands thoroughly, and use a paper towel to handle the toilet seat, lid, tap and doorknob. Put the lid down before you flush. If there's no lid, turn your back to the toilet while flushing and beat a hasty retreat.

3. A load of wet laundry

Any time you transfer underwear from the washer to the dryer, you're getting E. coli on your hands. Just one soiled undergarment can spread bacteria to the whole load and machine.

Reduce the risk: Run your washer at 150 degrees (you can check the temperature of your washing-machine water with a candy thermometer) and wash whites with bleach (not the color-safe type; it doesn't pack the same punch), which kills 99.9 percent of bugs. Transfer wet laundry to the dryer quickly so germs don't multiply, wash underwear separately (there's about a gram of feces in every pair of dirty underwear) and dry for at least 45 minutes. Wash your hands after laundering.

4. Public drinking fountains

Drinking fountains are bound to be germy, but school fountains are the worst, with anywhere from 62,000 to 2.7 million bacteria per square inch on the spigot.

Reduce the risk: Send your child to school with plenty of their own beverages and tell them to wash their hands throughout the day.

5. Shopping cart handles

Saliva, bacteria and fecal matter are just a few of the substances found on shopping cart handles. Cart handles rank high on the yuck scale because they're handled by dozens of people every day and, of course, raw food carries nasty pathogens.

Reduce the risk: Many stores have dispensers with disinfectant wipes near the carts. If your store doesn't, bring your own wipes and give the handle a quick swab. Or carry along a cart cover like the

(Continued on page 7)

Grip-Guard or Healthy Handle.

6. ATM buttons

If you're not careful, you might pick up more than quick cash from your local ATM. These buttons have more gunk on them than most public-bathroom doorknobs! ATMs aren't frequently cleaned, and are regularly touched — a perfect combination for a lot of germs.

Reduce the risk: Carry an alcohol-based hand sanitizer with you and rub it on hands after visits. Also be sure to do it after you handle paper money, which actually carries quite a few germs, too.

7. Your handbag

Recent studies found that most women's purses had tens of thousands of bacteria on the bottom and a few were overrun with millions. Another study found bugs like pseudomonas (which can cause eye infections) and skin-infection-causing staphylococcus bacteria, as well as salmonella and E. coli.

Reduce the risk: Instead of slinging your bag on the floor, hang it on a hook whenever possible — especially in public bathrooms — and keep your bag off the kitchen counter. Stick with leather or vinyl purses, which are typically cleaner than cloth.

8. Playgrounds

There's just no way to put this delicately: Children tend to ooze bodily fluids and then spread them around. When researchers sampled playgrounds, they found blood, mucus, saliva and urine. Pair those findings with the fact that children put their fingers in their mouths and noses more than the rest of us, and it's easy to understand why Junior (and maybe his mom or dad) has the sniffles.

Reduce the risk: Carry alcohol wipes or hand-sanitizing gel in your purse, and clean everybody's hands a couple of times during a park visit, especially before snacking. Pick warm sunny days for outdoor play: The sun's ultraviolet light is actually a very effective disinfectant. Most bugs won't survive long on surfaces that are hot and dry.

9. Mats and machines at health clubs

Antibiotic-resistant staphylococcus has been found on yoga mats and cardio and resistance machines. At high schools, antibiotic-resistant-staph infections have been transmitted through wrestling mats. The same thing could happen at health clubs.

Reduce the risk: Wipe down machines with anti-bacterial wipes before working out. Bring your own yoga mat or cover a loaner with your towel. Shower after a workout and soap up your skin to rinse off any bacteria you may have been exposed to, as thorough washing gets rid of antibiotic-resistant staph.

10. Your bathtub

Shocking, but true: The place you go to get clean is quite dirty. A recent study found staphylococcus bacteria, a common cause of serious skin infections, in 26 percent of the tubs tested, as compared with just 6 percent of garbage cans. Tubs typically had more than 100,000 bacteria per square inch! You're washing germs and viruses off your body and the tub is a fairly moist environment, so bacteria can grow.

Reduce the risk: Once a week, apply a disinfecting cleaner to the tub and actually *scrub*. Then you need to wash the germs down the drain with water and dry the tub with a clean towel. If you leave the tub wet, germs are more likely to survive. If someone who uses the tub has a skin infection, scrub it afterward with a solution of two tablespoons bleach in one quart of water.

11. Your office phone

This is enough to make you dial 911: Office phones often have more than 25,000 germs per square inch, and your desk, computer keyboard and mouse aren't far behind. Phones, including cell phones, can be pretty gross because they get coated with germs from your mouth and hands.

Reduce the risk: Simply cleaning your desk, phone and keyboard with a disinfecting wipe once in the middle of the day will kill 99.99 percent of the bacteria and viruses.

12. The hotel-room remote control

What's the first thing you do when you settle in at a hotel? You grab the remote control and switch on the TV — you, and the hundreds of other guests who've stayed there. How dirty is it? A recent study tested various surfaces for the cold virus after a group of sick people had stayed overnight and found the virus on the remote, door handles, light switches, pens and faucet handles.

Reduce the risk: Clean the remote control, phone, clock radio, door handles and light switches with germicidal wipes.

Igiugig Craft Fair

Saturday, December 15th

Starting at 1:00 PM

We will also have a

Cookie Exchange!

Bake your cookies and package one dozen.

Bring your packet of cookies to the Craft Fair and get a ticket.

Turn in your ticket and take a different packet of cookies home to try!

And remember you can bring more than one packet to exchange!



There will be door prizes, concessions, lots of crafts to check out and buy (maybe you will find that special gift for someone on your list), the book fair, a cookie exchange and lots of fun socializing.

So if you haven't started making crafts to sell, be sure to start now as time is ticking down quickly.

The Igiugig Student Government will be taking reservations for tables soon.

ATTENTION!

People who are on chronic medications are now required to call the Alaska Native Medical Center to order their own medications.

The clinic will NO longer order your medicine refills for you.

The number to call is the medicine refill hotline at:

1-877-365-1104

Battle of the Books Competition!

When: Friday, November 30, 2007

Time: 10:00 AM

The students will be participating in a game competing against the other teams in Igiugig school. Be sure to come up and watch the flurry of activity.



Bonnie Thurston did a project with the Igiugig students recently creating their silhouettes. These were then displayed on one big poster under the title "Get Caught in the World of Thought". If you happen to be in King Salmon, stop by the LPSD office where it is on display and check it out.

Celebration

By Tess Hostetter, 6th Grade, Igiugig School



Steve Atwater congratulates the students, school, and community on their outstanding achievement on the state standardized testing.

Dolly Ann, Fewnia, Kyle, Camille, Loretta, Shaun, and I ran out of the mat (that was falling down) screaming during a game of monster maze with Ty and Steve when they came to Igiugig for the back to school party on September 14th. Being first in the state in our standard based tests and reaching our goal in summer reading club this year, we earned a BBQ and ice cream sundaes.

When Steve and Ty arrived, the elementary class challenged them to a game of monster maze. We were all stuck in one mat watching them throwing the softball up in the air. Finally the game was over. We played again after lunch, but sadly lost worse than we did before. After that we started getting ready for the BBQ and ice cream sundaes.

Finally, when everyone got to the school, Ty and Steve congratulated the students, greeted the village, and offered a short speech. Bernadette and Kristin with the help of many others, got the finishing touches on the food while the kids played tag. There were hamburgers, hot dogs, salad, and much, much more.

After everyone was done eating, Kristin and Bernadette cleaned off the table that held all the food and replaced it with desserts, topping, and ice cream. There were so many yummy things to choose from, that we slobbered at the sight. By the time we were done with our toppings you could barely see the ice cream. We were all stuffed with delight. When everyone was finished, Bernadette took the whipped cream and squirted it into our mouths. The whole village helped clean up. When the tables were put away and the floor was swept up, we had a gym night.

We had a fabulous time, and if you were there, we hope you did too. After the delicious BBQ, superb sundaes and flat-out-tiring gym, we were exhausted and went home to get some sleep.



Aiden and Madison (always with a silly face for the camera) show off their certificates that they earned from the Summer Reading Club.



Camille and Dolly Ann enjoy a heaping bowl of delicious ice cream smothered in lots of topping and whipped cream!

Pro's and Con's (Continued from page 1)

What on earth would one do there? How would the lack of people impact children? In addition, we have absolutely no roads going outside of our town –making us, in fact, smack-dab in the middle of nowhere.

But most people don't look past the microscopic rural Alaskan village image. Our village is highly successful. There are hardly, if any, issues with drug/alcohol abuse or violence. The community takes education very seriously. We Igiugig-ers take pride in our school and community. Students are pushed to do their very best, achieve above and beyond, and pursue their life dreams. Graduating students from our school are attending college or pursuing successful careers. We have scored high on the Standards Based Assessments, and work each day so that we will maintain the good reputation we have. All of our students have a positive outlook on whatever faces them.

Though sometimes I feel excluded from the outside world, I just need to stop and remember that our village is a rare thing. It is a beautiful community with amazing people and I feel extremely honored to be part of it.

GARDENERS GOODIES

NOVEMBER garden activities:

- ❑ NOVEMBER – Snag some pinecones and get busy on your winter decorating plans. Using natural items is not only festive, it also cuts down on the amount of plastics and metallic junk that needs to be disposed of after the season. If you absolutely need sparkle, a little metallic spray paint and/or glue and glitter will liven them up.
- ❑ Late NOVEMBER/Early DECEMBER – Buy bulbs for forcing. Some grow very rapidly like the narcissus and they make very beautiful flowers for your holiday decoration. Others like the amaryllis take longer to get to flower, but are very large, showy and will be very cheerful for the winter months later on.
- ❑ Late NOVEMBER thru MARCH – Winter is the time when the earth automatically recycles and renews itself, by throwing all the old foliage into piles on the ground to rot and return all of its nutrients to the soil to become fertilizer for next spring’s crop of trees, flowers and berries. So take a break on the outdoor gardens and let nature do its own thing for you! Of course you could still rake leave together into piles if you really have a lot swirling around the yard, but generally a couple of good winds will blow them under your trees without any human effort required.

REMEMBER those R’s

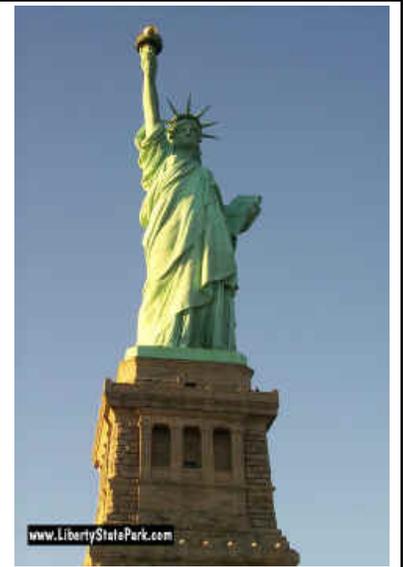
***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild –
Recharge – Refill – Refinish – Re... (Can you think of any more re’s?)***

“re” at the beginning of a word generally means “to do something again”, and that is generally the way we want to look at the things we use or do each day—taking time to see where we could refill containers, use something over, put something to a new purpose, in order to avoid throwing away one thing only to get more things to replace the one that went to the landfill.

The Statue of Liberty

By Dolly Ann Zharoff, 3rd Grade, Igiugig School

The Statue of Liberty is really huge. The Statue of Liberty is on Liberty Island, New York. The Statue of Liberty is made of copper. It extends hundreds of feet into the air. France gave the Statue of Liberty to the U.S. in 1884. It was used for a symbol of friendship. Millions of people come to see the Statue of Liberty. The large Statue of Liberty is famous. It is a symbol of freedom.



Middle School Report by Shaun Andrew, 5th Grade, Igiugig School

Do you know what the middle school class has been up to? Igiugig School is filled with many busy activities, but the middle school has been the busiest.

The middle school has been working on the planets in science which is very stimulating. In social studies we are learning about Ancient Egypt and Tess and I are making an iBook which we are going to present to the entire school. For PEP, Camille, Loretta, Tess, and I are all doing different standards in different subjects, for example, career development, personal/social/health, and employability. Then we present our projects to the middle school and Kristin grades them and lets us know if we passed or failed. In math I am working on scientific notation and using variables. Tess is finishing her level six-math assessment and is ready to go on to level seven. Finally, in writing Camille, Loretta, Tess, and I are all writing essays, but are taking a break to write newsletter articles. Camille and Loretta are working on expository essays. Tess and I are working on compare/contrast essays.

The Igiugig school movie we are making is for the district to take to the job fair for people that want to work in Igiugig in the future. Our teacher, Kristin, thinks we should create the movie because the high school kids have already done a lot of movies. The people we are going to interview are Bernadette, Kristin, Jeremy or April, Loretta, and Dolly Ann because we wanted to interview someone who helps at school, a teacher, and students of different ages. The middle school students will have a lot of work to do filming school facilities and scenery too.

For fundraising, the elementary and middle school classes are growing plants, making dream catchers, helping with concessions, movie nights, and participated in a bike-a-thon. For our help with movie nights we get 10% of the profit which the high school students make at the end of the month, and we get the same percent for helping sell concessions. The bike-a-thon was a huge success for the younger kids. We made a total of \$3,394.50. In the future, middle school students are hoping to sell spider plants and dream catchers at the craft fair. For their future trip, they want to go to Anchorage to visit H2OASIS, a water park. Even though they need a lot more money, I know they'll get there.

So now you know why the middle school has been so busy during the first quarter. What do you think they will do during the second, third, and fourth quarters? Well, I guess they'll continue to be very busy.

Phase-One and HSQGE Practice by Jackie Woods, 12th Grade, Igiugig School

Getting a chance to go to Phase I for a week and half in Newhalen to cover standards felt like I was going to school in Newhalen School because I was there from 9:00 in the morning to 4:00 in the afternoon just like other Newhalen students. I never thought I would get used to being there. We did aerobics and stamina exercises for forty-five minutes during the day and there was gym at night when we played basketball with some of other people that live in Newhalen/Iliamna.

While there, we hosted a game night for middle school students, and high school students made their own pizza. Only about fifteen students attended, but everyone had a lot of fun because some chatted, while others ate their pizza which some people didn't like because it was not cooked all the way or had too much tomato sauce. Learning was a problem for me because I was returning to Phase I for the third time.

Getting ready to go to Newhalen, I had to pack

just enough clothes to last me though the week and half, and I couldn't forget my personal items that I would need. Soon after returning back home, I had to pack again to go to King Salmon to practice for the HSQGE. During the two days I was in King Salmon, I thought and talked about math with fifteen students from other schools from the south and north areas of the district.

We stayed at the SAVEC building for a couple of days with different kids that we didn't know. I returned back home feeling really sure that I would pass the test, but you never know, I might have to take it one more time.

If you have a chance to travel, you should because the only other time to travel is the AA-Meet. Sign up for everything you may like and you never know, you may get to go to every event that you signed up for.

Levelock Volleyball

By Jeremy Salmon, 10th Grade, Igiugig School

Do you have your shoes? How about your kneepads? Are you sure? This is what ran through my head on October 19th as I headed off to Levelock where we had three games in the evening, three games the next morning, and then we played games for fun while we waited for the plane.

When we got to Levelock, we had to rush, change into our uniforms, and warm up because we were going to play the first game that began a half an hour after we arrived. We stretched, ran a few laps, and then practiced serves. When four o'clock came, we played our first game of the season against Levelock. It was a lazy game because they were quite easy to beat. This year was their first year to have a volleyball team for quite a few years, but they did their best. The score at the end of the first game was twenty-five for us and fifteen for Levelock, the next game Levelock had twelve, and the last game they had eleven. (In volleyball, we play five games and the team that wins the most games takes the match.) That was excellent for not having a team in so long.

Next, we played against Pilot Point. They hadn't had a team in four years, and they also did well for not having a team in so long, scoring nine, ten, and eighteen points against us. Their best player was Beverly who had a wicked serve that accounted for most of their points on the scoreboard. Those were the only games we played that night, but Pilot Point and Levelock played five games against each other and it ended with Levelock victorious. Then we had free time until lights out at ten o'clock. We awoke the next morning and ate the delicious breakfast prepared by their cook.

After breakfast, we got ready to play against Pilot Point. The morning games went fast and we won all our matches in the first three games. Then Levelock played Pilot Point and lost by only a couple of points, and lastly, we played Levelock and won. All three games took two and a half hours, but we had to wait until two o'clock to leave. During that time, we played mixed games.

There were some Levelock players and a teacher on one side, and the rest of the Levelock team, Corey, the P.E. teacher, and I on the other side. We played, which was extremely exciting, until our plane arrived. When the plane came, we had to hurry to get our winter gear back on, our bags into the truck, and zing to the airport only to see the plane wasn't there yet. It came about ten minutes later; we boarded and came back home.

Everyone had a fantastic time and it was an excellent first game for all of us.

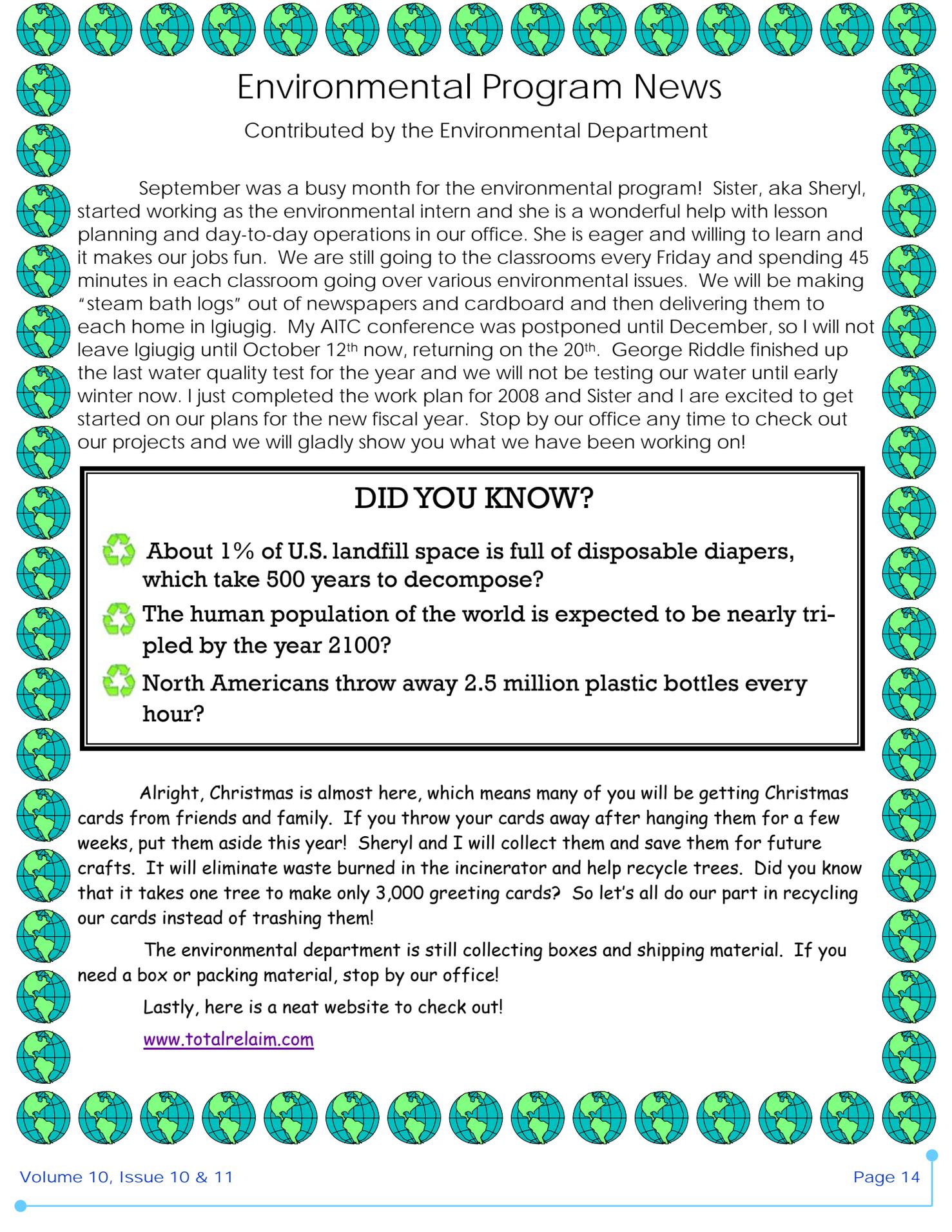
Answers to WORD BUILDING (game on page 5)

DUE, EMU, BED, BUM, UMP, PUB, DUB, ELM, BUD, MUD, LED, DUEL, DUMP, BUMP, BLUE, MULE, LUMP, PLED, DUMB, DUPE, BLED, MELD, LUBE, PULE, PLUM, LUBED, PULED, PLUME, PLUMB, BUMPED, LUMPED, PLUMED, PLUMBED

Odd Word Definitions: (from www.dictionary.reference.com)

Answers to SUDOKU (game on page 5)

2	7	3	8	1	5	9	4	6
8	6	4	9	3	7	5	1	2
9	1	5	4	2	6	7	3	8
5	3	2	7	6	8	1	9	4
6	8	9	5	4	1	2	7	3
7	4	1	2	9	3	8	6	5
4	9	8	6	7	2	3	5	1
3	5	7	1	8	4	6	2	9
1	2	6	3	5	9	4	8	7



Environmental Program News

Contributed by the Environmental Department

September was a busy month for the environmental program! Sister, aka Sheryl, started working as the environmental intern and she is a wonderful help with lesson planning and day-to-day operations in our office. She is eager and willing to learn and it makes our jobs fun. We are still going to the classrooms every Friday and spending 45 minutes in each classroom going over various environmental issues. We will be making "steam bath logs" out of newspapers and cardboard and then delivering them to each home in Igiugig. My AITC conference was postponed until December, so I will not leave Igiugig until October 12th now, returning on the 20th. George Riddle finished up the last water quality test for the year and we will not be testing our water until early winter now. I just completed the work plan for 2008 and Sister and I are excited to get started on our plans for the new fiscal year. Stop by our office any time to check out our projects and we will gladly show you what we have been working on!

DID YOU KNOW?

-  **About 1% of U.S. landfill space is full of disposable diapers, which take 500 years to decompose?**
-  **The human population of the world is expected to be nearly tripled by the year 2100?**
-  **North Americans throw away 2.5 million plastic bottles every hour?**

Alright, Christmas is almost here, which means many of you will be getting Christmas cards from friends and family. If you throw your cards away after hanging them for a few weeks, put them aside this year! Sheryl and I will collect them and save them for future crafts. It will eliminate waste burned in the incinerator and help recycle trees. Did you know that it takes one tree to make only 3,000 greeting cards? So let's all do our part in recycling our cards instead of trashing them!

The environmental department is still collecting boxes and shipping material. If you need a box or packing material, stop by our office!

Lastly, here is a neat website to check out!

www.totalreclaim.com

WALK TO BE FIT

Total Village Mileage through October is 6x,xxx

So you think you eat a healthy diet?

Many of us assume that we eat healthy foods all the time, but when you really think about it, how many times daily does something that really has no food value pass your lips?

Things like chips, gum, candy, pop, and juice (yes juice) are largely empty calories which serve only to add weight to your body, sugar spikes in your blood, and numerous other bad things like head aches and allergic reactions. Of all the things lovingly referred to as 'junk food' gum actually has a bit of redeeming value because it increases saliva flow and may help rinse some of the disease causing bacteria off of your teeth.

The first step in determining whether you are really among the ranks of the healthy or if you are kidding yourself about your good eating habits is to document what is really going into your body each day.

Write it down:

Either make a bunch of copies of the following chart, or put some clear package tape over this one and mark it with dry erase (or water-based) doing each day for the next several weeks..

All you really need to know at the end of the day is:

Whether you filled all the boxes in the 'nutrition checklist' on the right column

Whether you ate each meal—especially breakfast

How many of the foods on the left didn't fit any of the boxes on the right (meaning that they were of no nutritional value)

If you keep a running list of those things after about 10 days you will know how well you really are doing at providing the things your body needs to both avoid disease and maintain good health.

DATE _____

fooddiary

Record everything you eat today.

Breakfast _____

Lunch _____

Dinner _____

Snacks/Treats _____

nutrition checklist

Food Servings

- 7-10 fruits and vegetables
- 3-4 whole grains
- 3 high-calcium foods
- 2 lean protein
- 2 Tbsp nuts (different varieties)
- 11 cups liquid (8 calorie-free)
- 2 fish (per week)

Notes to self:

MAKE A POSITIVE CHANGE TODAY

After your 10-days, pick just one thing that you are not doing well according to the food diary results and work on changing only that one thing. Give that a week and then add another until you've addressed all the areas that were not good.

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Weather Watch

	SEPT	OCT
Highest Wind Speed (mph)	54	65
Average Wind Speed (mph)	9.3	8.6
Dominant Wind Direction	SSW	ENE
Highest Temperature (*F)	73.6*	55.4*
Lowest Temperature (*F)	32.6*	17.8*
Below Freezing	0	21
Below Zero	0	0

Recipe Corner

Chicken and Broccoli Casserole

3 quarts water
 1 (12-ounce) package broccoli florets
 4 (6-ounce) skinless, boneless chicken breast halves
 1 (12-ounce) can evaporated fat-free milk
 1/4 cup all-purpose flour (about 1 ounce)
 1/4 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 Dash of nutmeg
 1 cup fat-free mayonnaise
 1/2 cup fat-free sour cream
 1/4 cup dry sherry
 1 teaspoon Worcestershire sauce
 1 (10.75-ounce) can condensed 30% reduced-sodium 98% fat-free cream of mushroom soup, undiluted
 1 cup (4 ounces) grated fresh Parmesan cheese, divided
 Cooking spray

1. Preheat oven to 400°. Bring water to a boil in a large Dutch oven over medium-high heat. Add broccoli, and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Add chicken to boiling water; re-

duce heat, and simmer 15 minutes or until done. Transfer chicken to a cutting board; cool slightly. Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli.

2. Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined. Add mayonnaise mixture to broccoli mixture; stir gently until combined.

3. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven; let cool on a wire rack 5 minutes.

Yield 8 servings (serving size: about 1 cup)

Nutritional Information

CALORIES 276(25% from fat); FAT 7.8g (sat 3.5g, mono 1.8g, poly 1.1g); PROTEIN 31.1g; CHOLESTEROL 66mg; CALCIUM 365mg; SODIUM 696mg; FIBER 2.1g; IRON 1.6mg; CARBOHYDRATE 18.9g